

# Local Wellness Policy

An Update with the Final Regulation

# School Wellness Policy Benefits

School wellness policies allow schools to take an active role in promoting school wellness and preventing obesity. A local policy can be a useful tool in evaluating, establishing, and maintaining healthy school environments.

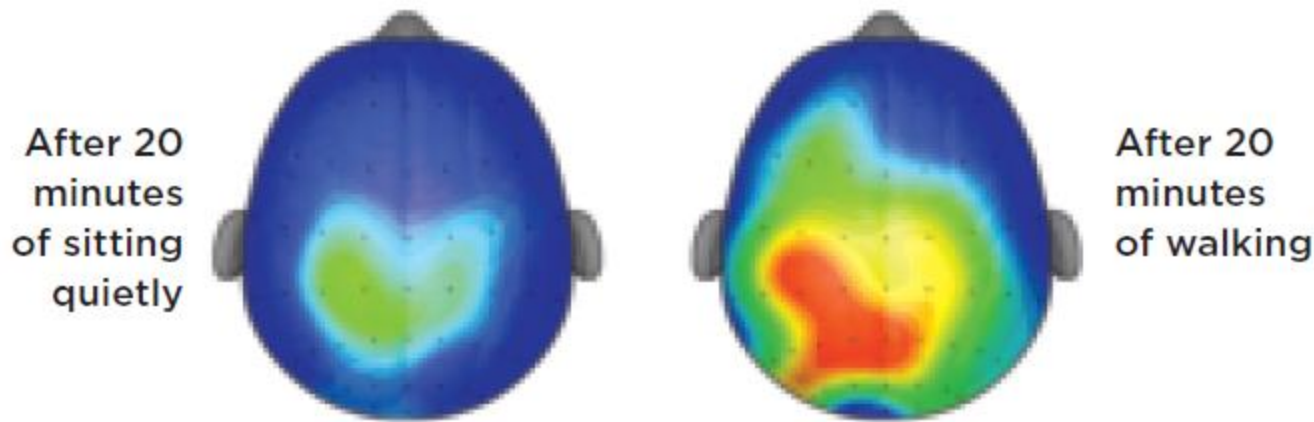
Additional information and resources will be identified throughout the presentation.



# THE PROOF IS IN THE BRAIN

## Effects of Exercise on Brain Function in Preadolescent Children

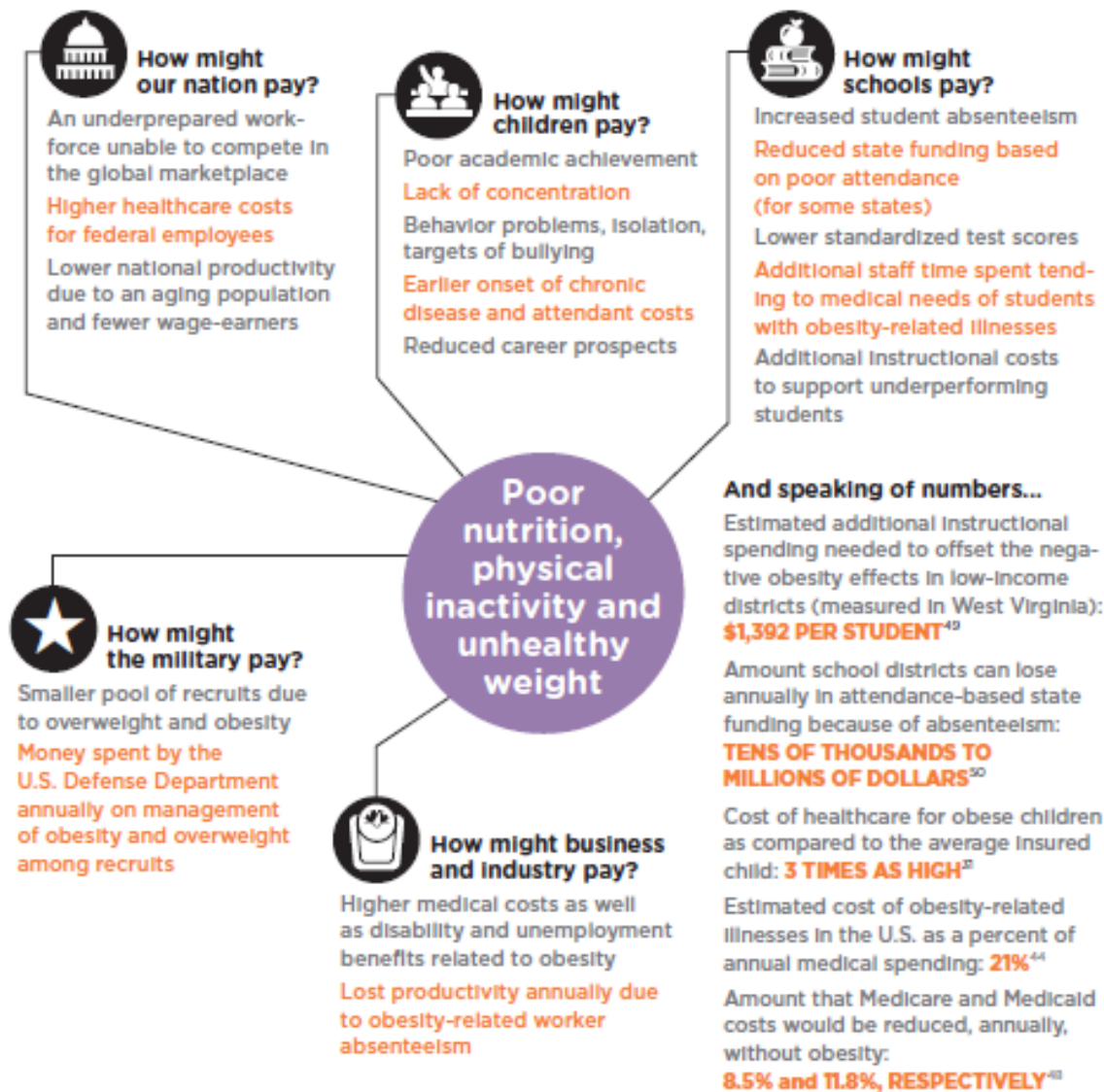
Average composite of 20 students' brains taking the same test after sitting quietly or taking a 20-minute walk.



Reprinted with permission of Dr. C. H. Hillman.

## Healthy Students are Better Students!

[www.genyouthnow.org](http://www.genyouthnow.org)



**PICKING UP THE TAB: Everybody pays  
the price when nutrition and physical activity are ignored**  
<http://www.genyouthnow.org>

# Background

- 2004: Child Nutrition and Special Supplemental Nutrition Program for WIC Reauthorization Act
  - 2006-2007: LEAs were required to establish a local school wellness policy
- 2012: Healthy, Hunger-Free Kids Act
  - 2013-14: LEAs are to begin implementing the new requirements
  - Held accountable for implementation, assessment, and public updates
  - Final Regulations go into effect on August 29, 2016
  - **LEAs must comply with these requirements by June 30, 2017**

# Healthy, Hunger-Free Kids Act

- Nutrition promotion, nutrition education, physical activity, and other school-based activities
- Include nutrition guidelines for all foods
- Variety of stakeholders
- Inform and update the public
- Measure compliance
- Designate a school official



# Local Discretion

- LEAs can determine individual goals based on the needs of their schools
- Goals must be evidence-based strategies, that means the strategies you choose have been evaluated, studied, and peer-reviewed.
- Law only requires one goal per area:
  1. Nutrition Promotion and Education
  2. Physical Activity
  3. Other School-Based Activities

# SD Sample Wellness Policy

SOUTH DAKOTA MODEL WELLNESS POLICY  
BASED ON THE  
ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY  
*Updated 10/2016*

## **[School District] Wellness Policy**

- <http://doe.sd.gov/cans/documents/16-SDWell.pdf>
- Model policy can be used to compare and strengthen your current wellness policy
  - Word and PDF versions available



# Nutrition Education & Promotion

- Choose one or more nutrition education and promotion goal(s) for your policy
- Some examples from the sample wellness policy:
  - Student artwork displayed in the service and/or dining areas
  - Offering contest, surveys, promotions, or taste-testing
  - Providing information to families to encourage consumption of healthy foods at home
  - Posting nutrition and health posters

# Nutrition Education Resources

- MyPlate: [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Fuel Up to Play 60: [www.fueluptoplay60.com](http://www.fueluptoplay60.com)
- Pick a Better Snack:  
[www.idph.state.ia.us/pickabettersnack](http://www.idph.state.ia.us/pickabettersnack)
- Team Nutrition:  
<http://www.fns.usda.gov/tn/resource-library>

# Physical Activity

- Choose one or more physical activity goal(s) for your policy
- Some examples from the sample wellness policy:
  - Integrating nutrition into health education classes
  - Promote skill development
  - Integrating nutrition into core subjects



# Physical Activity Resources

- Let's Move! Active Schools: <http://letsmoveschools.org>
- National Heart, Lung, and Blood Institute:  
<http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.htm>
- Centers for Disease Control and Prevention:  
<http://www.cdc.gov/physicalactivity/resources/>
- ChooseMyPlate.gov:  
<https://www.choosemyplate.gov/physical-activity>
- Fuel Up to Play 60: <https://www.fueluptoplay60.com/>
- Shape America (formerly AAHPERD):  
<http://www.shapeamerica.org/>



# Other School Based Activities

- Set specific goals for other school based activities:
  - Walk or Bike to School
  - Recess before Lunch
  - HealthierUS School Challenge
  - Offer staff wellness training to model a healthy lifestyle
  - Sponsor health fairs
  - Incorporate school gardens, Farm to School

# Other School-Based Activities

- Recess Before Lunch:  
<http://opi.mt.gov/pdf/schoolfood/RBL/RBLGuide2008.pdf>
- Smarter Lunchrooms: <http://smarterlunchrooms.org/>
- Walk or Bike to School: <http://www.walkbiketoschool.org/>
- Walking Programs:  
[https://www.educateiowa.gov/sites/files/ed/documents/1112\\_np\\_sw\\_WalkingWorksToolkit.pdf](https://www.educateiowa.gov/sites/files/ed/documents/1112_np_sw_WalkingWorksToolkit.pdf)



# All Food Available on Campus

Standards & nutrition guidelines must be set for all food & beverages provided to students based on **school lunch/breakfast meal pattern requirements** and **Smart Snack requirements**

Food **Sold** to Students:

- School Meals
- A La Carte Foods
- Foods Sold Outside the Meal

Food **Given** to Students:

- Sharing of Foods
- Fundraising Activities
- Snacks
- Rewards
- Celebrations

# Food Based Marketing

- Policy must include permitting the marketing of only those foods and beverages that are consistent with the Smart Snacks standards
  - Limits the marketing of food and beverages on the school campus during the school day of only those foods and beverages that meet the nutrition standards under the Smart Snack requirements
- Does not apply to marketing that occurs at events outside of school hours



# Marketing Examples

## **Applies to:**

- Exterior of vending machines
- Posters
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

## **Does not apply to:**

- Personal clothing
- Personal items
- Packaging of products brought from home
- Educational tools



# Local Wellness Policy Process

- Assembling Your Team
- Needs Assessment
- Development
- Implementation
- Monitoring
- Reporting to the Public



# Assembling the Team

- Certain groups must be permitted to participate in the policy development, implementation, review, and updates.
  - Physical Education Teachers
  - School Health Professionals
  - Parents
  - Students
  - Food Service
  - School Board
  - School Administrators
  - Public
- Maintain documentation of notifying stakeholder's ability to participate
  - District-wide email, flyers, etc.

# Needs Assessment

- Conduct an assessment of the policy, at least every 3 years
- The results of the assessment must be made available to the public
- Assessment should determine:
  - Compliance with the LWP
  - How the LWP compares to model LWPs
  - Progress made in attaining the goals of the LWP

# Does Your District Wellness Policy Measure Up?

- A checklist to review and update your wellness policy and ensure it meets all requirements is available on the CANS NSLP website (<http://doe.sd.gov/cans/nslp.aspx>) under the Wellness Policy section.

## Does Your Wellness Policy Measure Up?

A local school wellness policy is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation* and the Code of Federal Regulation 210.30 and 220.7.

- ☐ District has current wellness policy. Date it was last updated: \_\_\_\_\_
- Includes goals for nutrition promotion.
  - Includes goals for nutrition education.
  - Includes goals for physical activity.
  - Includes goals for other school-based activities.
  - Includes Smart Snacks in School nutrition standards for all foods and beverages sold at each school during the school day (before school and 30 minutes after school).
  - Includes nutrition standards for foods and beverages, not sold to students, but available throughout the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.).
  - Includes policies for food and beverage marketing.

# Needs Assessment

- Alliance for a Healthier Generation –Healthy Schools Inventory  
<https://schools.healthiergeneration.org/>
- Centers for Disease Control –School Health Index  
<http://www.cdc.gov/healthyschools/shi/index.htm>
- Fuel Up to Play60 –School Wellness Investigation  
[https://www.fueluptoplay60.com/tools#tab\\_school-wellness-investigation](https://www.fueluptoplay60.com/tools#tab_school-wellness-investigation)



# Implementation & Monitoring

Goal	Activities	Lead	Actions	Results	Next Steps
Nutrition Education links with School Meal Programs	Food Service Director will present during staff in service meeting	Mrs. Apple	Food Service Director presented at 8/10/2016 meeting & shared classroom lessons and activities connected to school lunch	Teachers incorporated school meals in their lessons and documented frequency 2016-17	Based on schedule invite classrooms to visit the food service kitchen or have the food service director visit classrooms

## **LEAs must update or modify the policy as appropriate**

- Reports can be monthly, quarterly, annually, etc.
- Reinforce the policy goals with school staff
- Ensure that new policies are successfully implemented
- Assess how well the policy is being managed
- Recognize policy success
- Update and amend the policy as needed

# Recordkeeping

- LEAs must maintain records to document compliance.
  - The written local school wellness policy
  - Documentation demonstrating compliance with community involvement
  - Documentation of the triennial assessment
  - Documentation of public notification





# Reporting to the Public

- LEAs must inform the public annually about:
  - The content and implementation of the policy
  - The assessments
  - The progress made in attaining the goals of the local wellness policy
  - Any updates to the policy
- Notices in the school newsletter, parent communications, etc.
- Electronic posting and distribution is allowable



### Search HMRS

- [Search all USDA](#)
- [Advanced Search](#)

### Browse by Subject

- [Best Practices](#)
- [Menu Planning](#)
- [Nutrition Education](#)
- [Resource Library](#)
- [HealthierUS School Challenge: Smarter Lunchrooms Resources](#)
- [Local Wellness Policy Resources](#)
- [State Sharing Center](#)
- [What's Shaking?](#)

[Local Wellness Policy Resources](#) >

## School Nutrition Environment and Wellness Resources

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all local educational agencies participating in federal Child Nutrition programs to establish and implement, for all schools under its jurisdiction, local school wellness policies that meet minimum standards designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment.

This Web site is dedicated to helping local educational agencies find the resources they need to meet recommendations in these areas. [View the 'school nutrition environment and wellness resources' site map here.](#)



### Local School Wellness Policy Process

Follow these steps to put your local school wellness policy into action to impact students' health and lifelong choices.



### Wellness Policy Elements

Looking for resources to help implement some of the wellness policy elements? You'll find some right here.

# More Wellness Resources: Team Nutrition

<http://healthymeals.nal.usda.gov/school-wellness-resources>

# State Agency Review Process

- 3 year review cycle, SD is currently operating under a 5-year waiver until SY 2018-19
- The District/Agency keeps the following on file:
  - A copy of the current Local School Wellness Policy
  - Documentation demonstrating the policy and most recent assessment has been made available to the public
  - Documentation of the district's efforts to review and update the Local School Wellness Policy
  - Including who is involved (list of invites, sign-in sheet)
  - Methods the district uses to make stakeholders aware of their ability to participate
  - A copy of the district's most recent assessment

# Smart Snack Requirements

## Beverages

### Nutrition Standards for Beverages

- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

# Smart Snack Requirements

## Food

- **Foods must also meet several nutrient requirements:**

- Calorie limits:
  - Snack items:  $\leq 200$  calories
  - Entrée items:  $\leq 350$  calories
- Sodium limits:
  - Snack items:  $\leq 230$  mg\*\*
  - Entrée items:  $\leq 480$  mg
- Fat limits:
  - Total fat:  $\leq 35\%$  of calories
  - Saturated fat:  $< 10\%$  of calories
  - Trans fat: zero grams
- Sugar limit:
  - $\leq 35\%$  of weight from total sugars in foods

# Local School Wellness Policy

## Additional Resources

- **Local School Wellness Policy Final Rule**
  - <http://www.fns.usda.gov/school-meals/fr-072916c>
- **Local School Wellness Policy Summary of Final Rule**
  - <http://www.fns.usda.gov/tn/local-school-wellness-policy-summary-final-rule>
- **USDA Team Nutrition LWP Implementation Tools and Resources**
  - <http://www.fns.usda.gov/tn/implementation-tools-and-resources>
- **Team Nutrition Toolkit**
  - <http://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>
    - Includes communication tools for administration, parents, school staff, social media
- **Additional information & resources:**
  - USDA FNS Local School Wellness Policy website <http://www.fns.usda.gov/tn/local-school-wellness-policy>
  - CDC Local School Wellness Policy website <http://www.cdc.gov/healthyschools/npao/wellness.htm>
  - Alliance for a Healthier Generation Model policy can be found: [https://www.healthiergeneration.org/\\_asset/1xlv2y/Model-Wellness-Policy-USDA\\_CDC-Comments-2016-09-02-FINAL.docx](https://www.healthiergeneration.org/_asset/1xlv2y/Model-Wellness-Policy-USDA_CDC-Comments-2016-09-02-FINAL.docx)

# Local Wellness Policy: Final Regulation Update Training Credit

This training credits for 30 minutes of training in  
**Key Area: 4000 Communications & Marketing**

Child & Adult Nutrition Services



This institution is an equal opportunity provider.

# Questions?

- Email questions to CANS:  
[DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us)
  - Use “Local Wellness Policy question” in your subject line
- Phone: 605-773-3413
- Fax: 605-773-6846